



2012- Zumba Fitness / Zumba Toning

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**ZUMBA FITNESS® MOVING THE WORLD TO A NEW BEAT**

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Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health! When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torcing, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt your bodies naturally while having a total blast.

**\$ 5.00 per Class or 20 classes for \$80.00**

**Registration at 6:00pm**

**Class time: 6:30 p.m. to 7:30 p.m. Days: Tuesday & Thursday (Begins on Sept 11, 2012)**

**Havre de Grace Middle School, 401 Lewis Lane, Havre de Grace, Md. 21078**

**Information call: 410-939-6724 or**

**coolmomgc@yahoo.com**



**Zumba is coming to Party with you!**

**Sponsored by the Havre de Grace Recreation Committee**